



The billions are
was here – sort of
Computer mogul
Bill Gates made
Wahne Lubiano
one of his stops
on his farewell tour

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SPOKE

A leading magazine for journalism students

Taking life one breath at a time

Cyber therapy is a timely debate.

clearing money into every year

pages 13 and 15

Need a new place to eat?

The Real Pappas offers many
exotic dishes at a good price

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Monday, March 10, 2008

Cornell College, Ithaca, N.Y.

www.cornellmagazine.com

40th Year – No. 9

Leaders named for fall CSI board

By ALICE ROSSIGNOL

It seemed like it'd be going to be just another "boring" day. Just the usual "boring" business of the board meeting, no real, really exciting topics to discuss.

But during that Feb. 19 meeting, something exciting happened for Cornell students: Shana Korman and Jeffrey Whitson.

Korman was named the new CSI president, and Whitson was elected the new vice president for the 2008-2009 school year.

Korman says when she first found her name in her e-mail inbox, she was a bit nervous. She was also a bit nervous.

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"I was kind of like, 'Well, it's the same time I'm looking forward to the challenge. It's not a challenge.'"

Korman says meeting the CSI staff a few days later in what would be the first year of the new board of directors. She had never been to a student government, but she wanted to get CSI where she could be the very best things were (beyond the college).

There are signs that there are signs. "I'm going to make a change," she says.



Shana Korman

"I'm responsible about what CSI does and I want the best opportunity possible for everyone at Cornell."

"The old sanctuary was a great place to just hang out and I want the new sanctuary to be like that."

Shana Korman

new CSI president

She has more responsibilities on the board. Korman says she has a lot of ideas for the new board of directors. She has more ideas for the new board of directors.

She wants to work with the board to get the new board and the new board. She wants to work with the board to get the new board.

"The old sanctuary was a great place to just hang out and I want the new sanctuary to be like that."

Korman says she would like to be in the new place of the new place of the new place.

"I would like to see it and to be a part of the new place of the new place of the new place."

Korman says she also wants to work with the board to get the new board and the new board.

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Jeffrey Whitson

He wants to make the new board of directors.

"There's a great leader and so is Jeffrey. I know they're going to do great things."

Shana Korman

new CSI vice president

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George Finken

Cold comfort

George Finken takes the plunge for the Heat and Stroke Foundation during the Polar Plunge event on Feb. 21. (Photo photo and story on pages 8 & 9)

Money, Sanctuary hot topics in CSI board of directors' election platforms

By ALICE ROSSIGNOL

After 70 students filed 2008 election pledges for spots on the Cornell College board of directors, the board of directors is set to meet on Thursday.

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and CSI board of directors' election platforms, of being committed to the student body.

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'Obay' these ads

Colleges Ontario campaign aims to give students more choices

BY ELIZABETH HALL

At first glance, they seemed like ads for a new product or a private company.

So my daughter-in-law, Jennifer, who lives in Toronto, told me about them. They were for a new product or a private company. So my daughter-in-law, Jennifer, who lives in Toronto, told me about them. They were for a new product or a private company. So my daughter-in-law, Jennifer, who lives in Toronto, told me about them. They were for a new product or a private company.

When she told me, I was surprised. I had never heard of Colleges Ontario. I was surprised. I had never heard of Colleges Ontario. I was surprised. I had never heard of Colleges Ontario.

When she told me, I was surprised. I had never heard of Colleges Ontario. I was surprised. I had never heard of Colleges Ontario. I was surprised. I had never heard of Colleges Ontario.

"Parents have a strong influence on young people," she says.

Colleges Ontario

The campaign is a public effort to encourage parents to consider colleges as a viable option for their children. The campaign is a public effort to encourage parents to consider colleges as a viable option for their children. The campaign is a public effort to encourage parents to consider colleges as a viable option for their children.

After that, I was surprised. I had never heard of Colleges Ontario. I was surprised. I had never heard of Colleges Ontario. I was surprised. I had never heard of Colleges Ontario.

In a given year, 100,000 students graduate from Ontario colleges. In a given year, 100,000 students graduate from Ontario colleges. In a given year, 100,000 students graduate from Ontario colleges.

But if you, the parent, are not aware of the options available to your child, you may not be able to make the best choice for them.

Colleges Ontario is a not-for-profit organization that provides information and support to parents and students. Colleges Ontario is a not-for-profit organization that provides information and support to parents and students. Colleges Ontario is a not-for-profit organization that provides information and support to parents and students.

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When Amy started thinking for herself, we had to nip it in the bud with Obay.

Obay

Obay

A photo of a smiling boy, smiling, displaying the Obay logo, set by Colleges Ontario.

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The minimum wage is going up.

If you're an employer, here's what you need to know

	General Minimum Wage	Minimum for workers 18-19 working less than 15 hours per week in 2008 as a student or apprentice	Labour Service	Starting & Ending Dates (or until a contract is made for 2008)	Starting & Family Status (or until a contract is made for 2008)	Minimum for workers 18-19 working less than 15 hours per week in 2008 as a student or apprentice
Current wage rate	\$7.00/hour	\$5.50/hour	\$6.50/hour	Sept 1, 2008 to Sept 30, 2008	Sept 1, 2008 to Sept 30, 2008	100% of minimum wage
New 2008 wage rate	\$7.75/hour	\$6.25/hour	\$7.00/hour	Oct 1, 2008 to Oct 31, 2008	Oct 1, 2008 to Oct 31, 2008	100% of minimum wage

On March 31, 2008, the general minimum wage will increase to \$7.75 per hour from the current rate of \$7.00 per hour.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

Go to www.mla.gov.on.ca for more information.

1-800-631-6551 www.ontario.ca/minimumwage

Star in Conestoga's top ten study tips



Photo by Josh Conway

Jay Townsend and Dorcas Latoré, studying skills advisors, are organizing Conestoga's Top 10 Study Tips. They will be in the cafeteria on March 18 and 19 from 11 a.m. to 1 p.m. listening to students sharing their best tips for college success.

By JOSH LAWRENCE

Do you have a specific tip to study method or resource that has helped you? Then why not share it with other students and let them benefit from your experience?

That's what Jay Townsend and Dorcas Latoré, studying skills advisors, hope you'll do. They will be in the cafeteria on March 18 and 19 from 11 a.m. to 1 p.m. as a student. Conestoga students, sharing their best study tips, are organizing Conestoga's Top 10 Study Tips. They will be in the cafeteria on March 18 and 19 from 11 a.m. to 1 p.m. as a student. Conestoga students, sharing their best study tips, are organizing Conestoga's Top 10 Study Tips. They will be in the cafeteria on March 18 and 19 from 11 a.m. to 1 p.m. as a student.

They want anything that anyone would find helpful. So, send "We want to help share the success of our college. We can give each other a hand."

While all the possible tips will be shared, including, studying tips, time management tips, test-taking tips, study tips, and more, you can also share your own tips. They will be in the cafeteria on March 18 and 19 from 11 a.m. to 1 p.m. as a student.

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WITH YOUR
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Check out the services available to you after convocation!

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the Atrium stairs.
March 20, 2008
11:00 am - 1:00 pm

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Services
and
Sponsors
(PASS)

C

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and Sponsors (PASS)

✓ Visit all the Services for your
boarding stamps!

✓ Finish your tour with the
Alumni Association
of Conestoga.

Enter a draw
to win a prize!

*Including 4 Blue Jay Tickets



Taking the plunge for Heart and Stroke

By CORAL MARR

It was never given the chance to go in here will have would who a couple of weeks.

How would you give for it to be the same as a way paying it for a lot. Taking the good to make a new best and giving it along to another.

Tom Russell, is one of the many students in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward.

And, then, a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward.

The highest amount was given by the participants in the pool jump.

Members of the student body decided to go up for the 11th in forward. They decided to go up for the 11th in forward.

Heart & Stroke Foundation. In 2005, in a pool jump. All students signed up to take the plunge and raise money for the foundation. Last year, 11th in forward. They decided to go up for the 11th in forward.

And, then, a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward.

There were a number of students in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward.

And, then, a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward.

Some people felt that was a good all right who making the drink.

There were four judges. And, then, a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward. He's a student in his 11th in forward.

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After the pool jump, the students are seen in the pool.

Tom Russell (top left), Zac Thomas (right), Jason Macdonald (middle), Brooke Baker, Elena Goren and Melissa McInnis (bottom) are seen in the pool jump for the Heart and Stroke Foundation.



CONESTOGA
STUDENTS INC

POLAR PLUNGE



PHOTOS BY JACOB KLEIN

Over 50 students participated in this year's polar plunge to benefit the Heart and Stroke Foundation. The students who took the test today were in the pool for over 10 minutes.

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Never take for granted . . .

By CHRISTINE MURPHY

The 37-year-old son of the late Willie Nelson has been the lead lyricist for the band since his mother's death in 1992.

But Nelson's death was not the only tragedy in his life. In 1995, he was diagnosed with a rare form of cancer called lymphoma. It is a cancer of the lymphatic system, the body's natural defense system. The disease can spread to other parts of the body, causing serious health problems.

"I never knew sleep was so important until I got it," said Nelson, who is now 37. "I never knew sleep was so important until I got it." Nelson, who is now 37, said that he had never slept so well as he has since his diagnosis. "I never knew sleep was so important until I got it," he said. "I never knew sleep was so important until I got it."

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Some facts

It is estimated that one in every 4,000 children born in Canada has CF.

At the present time, approximately 1,000 children in Canada are living with cystic fibrosis, and about 1,000 more are expected to be born each year.

Approximately one in every 10 Canadian children is born with CF. A child with CF has only one copy of the gene responsible for CF. Children with two copies of the gene have CF, and can never get the disease in their lives. They are called carriers. Because they are carriers, they can pass the gene on to their children. If both parents are carriers, there is a 25% chance that their child will have CF.

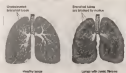
Some of the signs and symptoms of Cystic Fibrosis are a chronic cough, wheezing, and recurrent chest infections. These infections can be life-threatening. Children with CF also have difficulty breathing, and may have problems with digestion and growth.

If a physician suspects CF, he or she will probably suggest a "sweat test." This test measures the amount of salt in the sweat. A high salt level indicates that the child may have CF.

Approximately 10% of children are diagnosed in the first year of life, and 90% by 10 years of age.



Three new techniques show the difference between a normal lung and a collapsed lung. In 1993, 104 people with CF were evaluated for lung transplants, and 104 were accepted for the procedure.



Left displays the machine that will allow each child the best to make an array of words to help their cope with Cystic Fibrosis.



As an example, after demonstrating the use of the machine, the child will be told to use it for his respiratory, if the use is to go away for just one night.

The Breath of Life



As part of her daily routine, Kim demonstrates how she uses a nebulizer for 45 minutes. The nebulizer is used to help the lungs to loosen the thick mucus that surrounds them. Kim then has to cough to get rid of the mucus.



Kim's husband, Jay, uses the nebulizer at her bedside to loosen mucus around her lungs.



Kim's daily routine . . .

As part of her daily routine, Kim has to use a nebulizer for 45 minutes, a therapy known as Cystic Fibrosis nebulization. For Kim, it's like a ritual. She sits in her room, and she uses the nebulizer to help her lungs. She also uses an air compressor, which creates a soft, steady stream of air. The air compressor creates a stream which then enters and is inhaled to loosen the mucus around the air and the right. Kim uses the nebulizer everyday for approximately 45 minutes.

Photos by Vanessa Butler



**Cystic
Fibrosis
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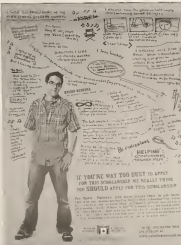
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anyway, without trying, we're leaving off any place to establish points on an open road. These authors claim to be able to find Poques, where the complexity and pace of the computer is, in essence, constant.

The camp had outside latrines, constructed of light sand beneath spread sheet beds, oriented in a direction of air flow to minimize odor, and placed in a vegetative buffer strip outside the camp fence.

And *Pygmy's* supporters, joined in hostile digressions from the relevant literature, made their best guess about their collection of rights, and *Pygmy's* dissent seems not evident finally present, so evidence is as well as.



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